

**ABSTRACT OF THE DISCLOSURE**

An anchoring element for use in spinal or bone surgery is described. A shaft (1) for anchoring in a vertebra or bone section is connected to a receiving part (22) which serves to connect to a rod (100) having a pre-determined diameter (D). The receiving part (22) provides a U-shaped recess (26) forming a channel for the reception of the rod and two legs (27, 28). The legs are free on their end and have a thread (30, 31) that cooperates with a securing element to fix the rod in the receiving part. When inserted into the receiving part, the rod surface facing the end surface (29) is at a pre-determined distance (A) in an axial direction from the end surface (29). The thread (30, 31) of the legs extends from the end surface a distance that is smaller than or equal to the pre-determined distance (A). Also, an undercut (33, 34) is provided adjacent to the thread whose edge farthest away from the thread is located at a distance (B) from the end surface. Distance (B) is larger than the pre-determined distance (A). The anchoring element is cheap to manufacture and has a reduced overall height as compared to the known anchoring elements. Methods of using the anchoring element also are described.

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